



United States Army

World Class Athlete Program

An Army Morale, Welfare and Recreation Activity
U.S. Army Community and Family Support Center
 4700 King Street, Alexandria, VA 22302-4418



Army Athlete Profile: Sergeant Shawn Found



**Track & Field
Distance Runner**

**Date of birth:
October 11, 1970**

**Hometown:
Fort Worth, Texas**

**Military Occupation:
Artillery**

**Military Rank:
Sergeant/E-5**

Sgt. Shawn Found is a member of the World Class Athlete Program's Track & Field Team.

A three-time All-American and Big 8 Conference Champion, Sgt. Found has been a highly competitive distance runner since 1992. He became a national champion in 2000 when he won the US Track and Field 25K Championships, and was the 2000 US Olympic Team Alternate in the 10,000m. Sgt. Found the fourth American to cross the finish line at the 2001 New York City Marathon. He won gold at the 2002 Armed Forces Cross-Country Championships, and placed fourth at the 2002 New Balance Seattle International. In 2003, he won silver medals at the Armed Forces Cross-Country Championships in the 12K and the Seattle Invitational in the 5,000m.

An Artillery soldier, Sgt. Found entered the Army on May 11, 1998. He completed basic training in July 1998, and advanced individual training in August 1998, both at Fort Sill, Okla.

Sgt. Found joined the Army "for the opportunity provided by the World Class Athlete Program. Being a member of the World Class Athlete Program is important to me because it forces me to be well rounded."

Sgt. Found loves his particular sport because it can be done by everyone and anyone in the world. He gets pumped up for competition through visualization and faith in Training Philosophy.

He is a graduate of C. F. Brewer High School in Fort Worth, Tex., and The University of Colorado in Boulder, Colo.

When Sgt. Found is not practicing or training he likes to build positive relationships with others.

Personal Bests: 10,000k-28:31.66; 5,000k-13:41.58; 3,000k-8:03; 10 miles-49:22; Half-Marathon-1:04:59; 25,000k-1:17:45.

For more information about the United States Army's World Class Athlete Program, contact the CFSC Public Affairs Office, pao@cfsc.army.mil, 703-681-1545/47/48 or visit www.armymwr.com.